

Bleeding Control/Shock Management

Maine EMS Integrated Practical Exam for EMT-Basic

Station #3 General Information

Objective

Each student must demonstrate control of a seriously bleeding wound, treat the patient for impending shock and make an appropriate transport decision.

Equipment

- ✓ Score sheets (NREMT *Bleeding Control/Shock Management*)
- ✓ Boxes Gloves
- ✓ Bandage shears
- ✓ 4 Triangular bandages
- ✓ 6 Rolls 3 or 4 in. stretch roller bandage
- ✓ 4 Roles 2 in. stretch roller bandage
- ✓ 2- Roles 1 in. tape
- ✓ Selection of dressings (4x4's, ABD.'s, etc.)
- ✓ Tourniquet, selection of at least two of the following:
 - Commercially prepared
 - Triangular bandage (with eight to ten inch wood dowel)
 - Blood pressure cuff
- ✓ Simulated extremity (e.g., IV arm, mannequin arm or taped-towel roll)
- ✓ 1 NRB mask,
- ✓ 1 Nasal cannula
- ✓ Blanket

Personnel

Practical Test Assistant - meeting the training requirements for licensure at the EMT-B level, or other appropriately trained people.

Programmed patient - (Practical Test Assistant may act as patient).

Procedure

Patient is sitting on the ground and has a large open laceration on the top of their forearm. The wound is actively bleeding. Student will be requested to demonstrate:

1. Bleeding Control, to include:
 - a. Direct pressure - Applies sufficient pressure directly over wound, uses dressing.
 - b. Tourniquet application (**On simulated extremity only**) – Applies, and tightens the tourniquet **on the simulated extremity. DO NOT ALLOW THE STUDENT TO PLACE A TOURNIQUET ON THE PROGRAMMED PATIENT’S EXTREMITY!**
2. Proper patient positioning
3. Selection of correct oxygen mask and verbalization of high concentration oxygen administration
4. Prevention of heat loss
5. Verbalizes need for immediate transportation
6. Dress and bandaging wound

Time

The time allowed for this station is 10 minutes. Start timing the student after all instructions are explained and the student has indicated that he or she is ready to begin. Stop timing the station when the student indicates he or she has finished the skill. Do not count the time between each skill when you are explaining the next skill to perform or when explaining a new scenario.

Skill Sheet Completion

The Practical Test Assistant will complete the following NREMT skill sheet as part of this station:

- Bleeding Control/Shock Management

To complete the skill sheet:

- Fill-in the “Start Time”, “Stop Time”, “Date”, Student’s Name “ (i.e. the student’s name) and “Evaluator’s Name” (i.e. the Practical Test Assistant’s Name)
- Fill-in the “Points Awarded” section of each skill task. If the student performs the task, award the point; if the student fails to complete the task, enter “0”.
- Make a note at the bottom or on the reverse side of the sheet indicating why the point was not awarded for each task that the student fails to perform. The note should include what the student did or did not do and why the point was not awarded
- Use the Critical Skills Section at the bottom of the skill sheet to note any missed critical skills. Each missed critical skill deducts 3 points from the “top” score.
- Total the numbers at the “top”, then deduct (missed) critical skill points from the “top” number; this is the student’s final score for the station. (Note the final score may be a negative number)
- Circle the final score and sign your name at the bottom of the skill sheet.
- Return the skill sheet to the assignment area coordinator as directed by the IC.
- Send the student back to the assignment area coordinator

Reminders

- ✓ **You must ensure that the student does not attempt to place the tourniquet on the programmed patient. Tourniquets shall be placed only on the simulated extremity.**
- ✓ The focus of the station is the control of life threatening bleeding by direct pressure and tourniquet. In the instructions, students are requested to dress and bandage the wound after treating for shock (and after making a decision to transport), but are not graded on the dressing and bandaging procedure.
- ✓ Correct application of a tourniquet includes:
 - Application above (i.e., proximal to the wound site);
 - Tightening the tourniquet until bleeding stops (Practical Test Assistant will verbalize that bleeding has stopped after student tightens tourniquet on simulated extremity);
 - Ensuring that once tightened, the tourniquet does not loosen;
 - Leaving the tourniquet site exposed (i.e., not covering the site with a blanket or other covering that would obscure the tourniquet);
 - Verbalizing the documentation of tourniquet application by writing “T” and the “time applied” on tape placed on the patient’s forehead, or by writing the time on the space provided on a commercially prepared tourniquet; and,
 - Informing hospital personnel of tourniquet application.
- ✓ Don't teach or lead students.
- ✓ Do not ask additional knowledge questions.
- ✓ Students are generally nervous. Please attempt to create a relaxed atmosphere.
- ✓ Students who make and correct mistakes on their own should not be penalized for the (self-corrected) mistake.
- ✓ All tasks that the student failed to perform must have a specific explanation written on the bottom or reverse of the skill sheet on which the task appears.
- ✓ Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding student performance or outcome of the skill examination to the Instructor Coordinator.

Bleeding and Bandaging

Maine EMS Integrated Practical Exam for EMT-Basic

Station # 3

Practical Test Assistant Instructions

Introduction

1. Introduce yourself to the student.
2. Fill in the student and evaluator information on the exam skill sheet
3. Read the following to the student (for station based exams):

“The purpose of this station is to examine your ability to control active bleeding, treat for impending shock and dress and bandage a wound.

Please take a moment to familiarize yourself with the equipment. You can assume any additional equipment you would use is available; however you must verbalize its use in the appropriate sequence.

If use of a tourniquet is indicated, you will apply it to the simulated extremity. Do not place a tourniquet on the “live” patient.

You will have 10 minutes to complete this station. When you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing you. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will complete the skill sheets and give them to you. You’ll then immediately return them to the Assignment Area Coordinator.”

(Note for Practical Test Assistants: If the student does not tell you that he or she is finished performing a skill, after a reasonable time ask the student “Have you finished performing the skill”. Do not ask such questions as “Is there anything else you’d like to do” or “Are you sure you’ve completed all of the tasks?” Once the student indicates that he or she has completed the skill, move onto the next skill or, if the student has had the opportunity to perform all of the required skills, inform the student that the skill station has concluded, total and circle the total points awarded on the skill sheet, sign the skill sheet and give it to the student, instructing him or her to return the skill sheet immediately to the Assignment Area Coordinator.)

Procedure

1. When the student is ready, read the following scenario:

“Your patient is lying on the ground and has a large wound on their forearm that is bleeding profusely. Please demonstrate how you will control the bleeding, treat for shock and dress and bandage the wound.”
2. Observe the student's performance carefully. Do not ask other bleeding or shock questions.

3. **Ensure that the student uses the simulated extremity to demonstrate tourniquet use. Do not allow the student to place a tourniquet on the programmed patient.**
4. Correct application of a tourniquet includes:
 - a. Application above (i.e., proximal to) the wound site;
 - b. Tightening the tourniquet until bleeding stops (Practical Test Assistant will verbalize that bleeding has stopped after student tightens tourniquet on simulated extremity);
 - c. Ensuring that once applied, the tourniquet does not loosen;
 - d. Leaving the tourniquet site exposed (i.e., not covering the site with a blanket or other covering that would obscure the tourniquet);
 - e. Verbalizing the documentation of tourniquet application by writing “T” and the “time applied” on tape placed on the patient’s forehead, or by writing the time on the space provided on a commercially prepared tourniquet; and,
 - f. Informing hospital personnel of tourniquet application.
5. For each scoring task, insert the point awarded or a “0” if no point is awarded.” If you place a “0” in any skill task, you must provide a specific written explanation on the skill sheet.
6. The student is expected to verbalize or perform Body Substance Isolation (BSI) precautions (student puts on gloves, or indicates procedure). The student will then demonstrate the basic principals of bleeding control, i.e., direct pressure and tourniquet.
7. If a student does not perform the two interventions after being advised three times that it continues to bleed, instruct the student to dress and bandage the wound.
8. You will then inform the student to properly treat the patient for impending shock
7. Observe the student's performance carefully - utilizing the criteria on the skill sheet.

Completing the Exam Process

1. Fill-in the “Start Time”, “Stop Time”, “Date”, Student’s Name “ (i.e. the student’s name) and “Evaluator’s Name” (i.e. the Practical Test Assistant’s Name)
2. Fill-in the “Points Awarded” section of each skill task. If the student performs the task, award the point; if the student fails to complete the task, enter “0”.
3. Make a note at the bottom or on the reverse side of the sheet indicating why the point was not awarded for each task that the student fails to perform. The note should include what the student did or did not do and why the point was not awarded
4. Use the Critical Skills Section at the bottom of the skill sheet to note any missed critical skills. Each missed critical skill deducts 3 points from the “top” score.
5. Total the numbers at the “top”, then deduct (missed) critical skill points from the “top” number; this is the student’s final score for the station (*Note: the student’s final score may be a negative number*).
6. Circle the final score and sign your name at the bottom of the skill sheet.
7. Return the skill sheet to the assignment area coordinator as directed by the IC.
8. Send the student back to the assignment area coordinator